



G A R D E N

The Dylan Chronicles: scribble, scratch, scratch
II: Garden

They always
we begin
with
I am plain
The end of one (th)
Four weeks! With
The summer of
beauty.
A month is a long
Teach me to sculpt
talents and shape my
best when I let loose
No rules are best. Shall
Christian for awhile?

They always
we begin
with
I am plain
The end of one Cth
Four weeks! With
The summer of
beauty.
A month is a long
Teach me to sculpt
talents and shape my
best when I let loose
No rules are best. Shall
Christian for awhile?

August 17th 1995

They always. I mean to say.
we begin new journals
with ceremony.
I am plain with simple things to say.
The end of one (therapy 2x) to cold turkey.
Four weeks! WITHOUT.
THE summer of owning my
beauty.

A month is a long time. I write to avoid.
Teach me to sculpt more finely all of my
talents and shape my life. I feel
lost when I let loose. So maybe
moments are best. Shall I live like
Christina for awhile?



Stephen at
the beach

Kindly Do NOT
fence me in.

August 17th 1995

They always. I mean to say.
we begin new journals
with ceremony.
I am plain with simple things to say.
The end of one (therapy 2x) to cold turkey.
Four weeks! WITHOUT.
THE summer of owning my
beauty.

A month is a long time. I write to avoid.
Teach me to sculpt more finely all of my
talents and shape my life. I feel
lost when I let loose. So maybe
moments are best. Shall I live like
Christina for awhile?



Stephen at
the beach

Kindly Do NOT
fence me in.



Grandma

I
Sing
2

Use this time/space to take a deep breath.
Close your eyes.
and . . .

Feel your feet, wriggle your toes.

Allow a question to gurgle up.

Connect with a writing implement and
something to write on.

Scrawl the question with your non-dominant
hand.

Wait, be patient.

Keep asking the question, day after day,

Quest
Be Bold

Be Daring
Be Courageous



Grandma

I
Sing
2

Use this time/space to take a deep breath.
Close your eyes.
and . . .

Feel your feet, wriggle your toes.

Allow a question to gurgle up.

Connect with a writing implement and
something to write on.

Scrawl the question with your non-dominant
hand.

Wait, be patient.

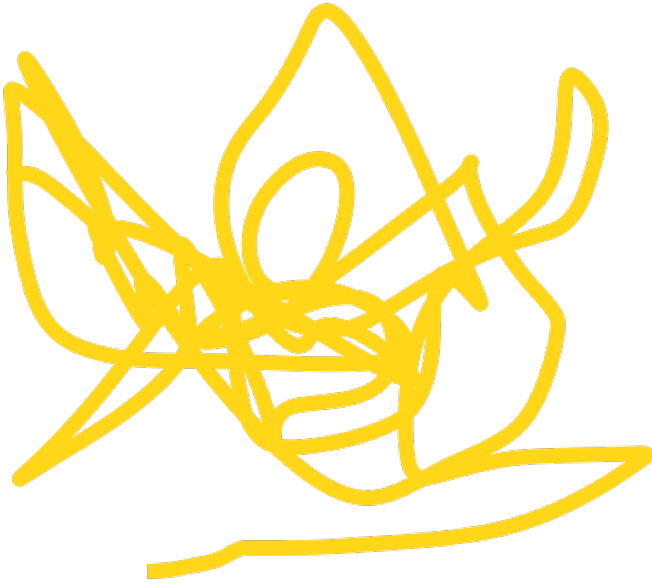
Keep asking the question, day after day,

Quest
Be Bold

Be Daring
Be Courageous

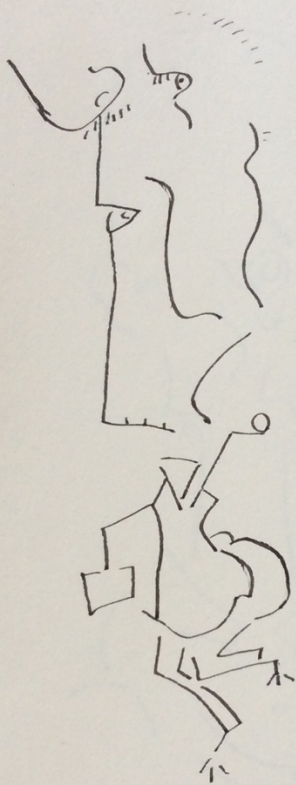


GRAMPA

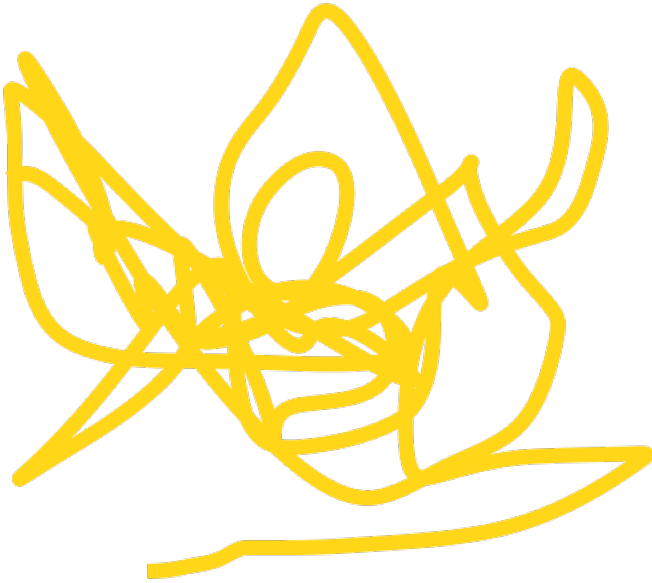


I give you permission to scribble!
give yourself permission to scribble
observe if there are any comments from your
internal peanut gallery
label the comments
gently let them flow on by
like a cloud in the sky - a limitless sky with no
edges or boundaries
keep on scribbling
is there an emotion that goes with it?
label the emotion and breathe
inhale for 4 deep breaths, hold for 4, exhale

4, hold for 4
repeat



GRAMPA



I give you permission to scribble!
give yourself permission to scribble
observe if there are any comments from your
internal peanut gallery
label the comments
gently let them flow on by
like a cloud in the sky - a limitless sky with no
edges or boundaries
keep on scribbling
is there an emotion that goes with it?
label the emotion and breathe
inhale for 4 deep breaths, hold for 4, exhale

4, hold for 4
repeat





Right (write) this with
your dominant hand.
If I had six months left
to live ... I would...

Write the reply in your
non-dominant hand
without thinking about
it. Just let it flow. If
nothing flows, ask

yourself. Why?





Right (write) this with
your dominant hand.
If I had six months left
to live ... I would...

Write the reply in your
non-dominant hand
without thinking about
it. Just let it flow. If
nothing flows, ask

yourself. Why?



Go ahead,
if you
found this,
you are
ready, you
must be
safe!

Imagine
going out
and buying
your very
own
special
journal
that only
YOU can
access, or
imagine
making
one from
what you
can gather
around

you.



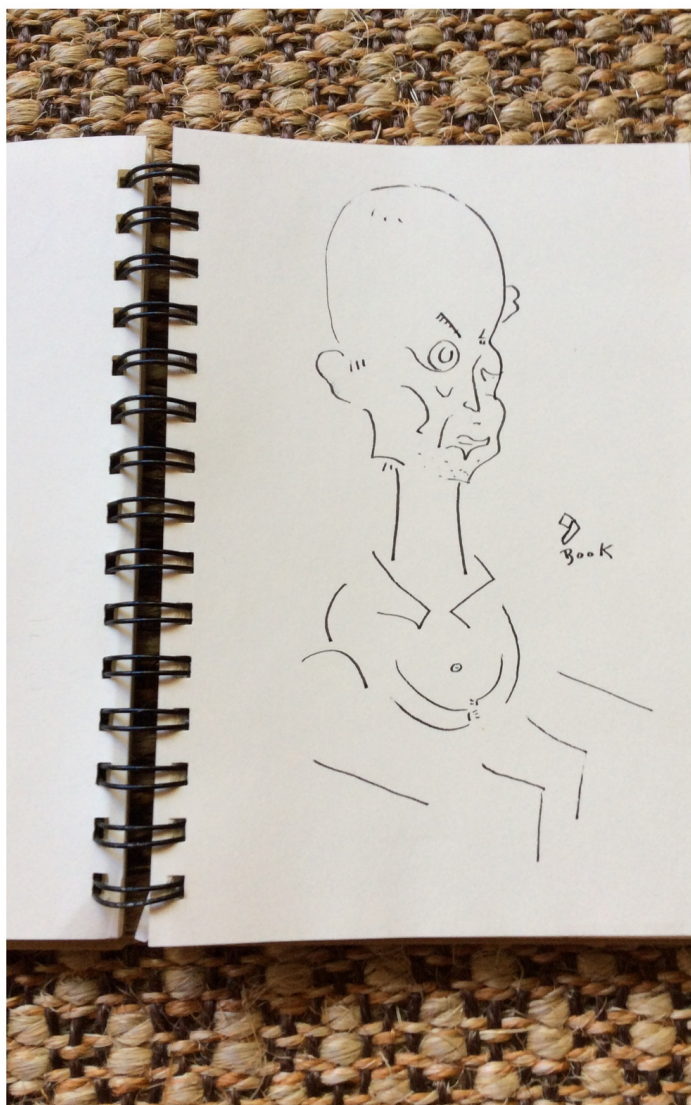
Go ahead,
if you
found this,
you are
ready, you
must be
safe!

Imagine
going out
and buying
your very
own
special
journal
that only
YOU can
access, or
imagine
making
one from
what you
can gather
around

you.







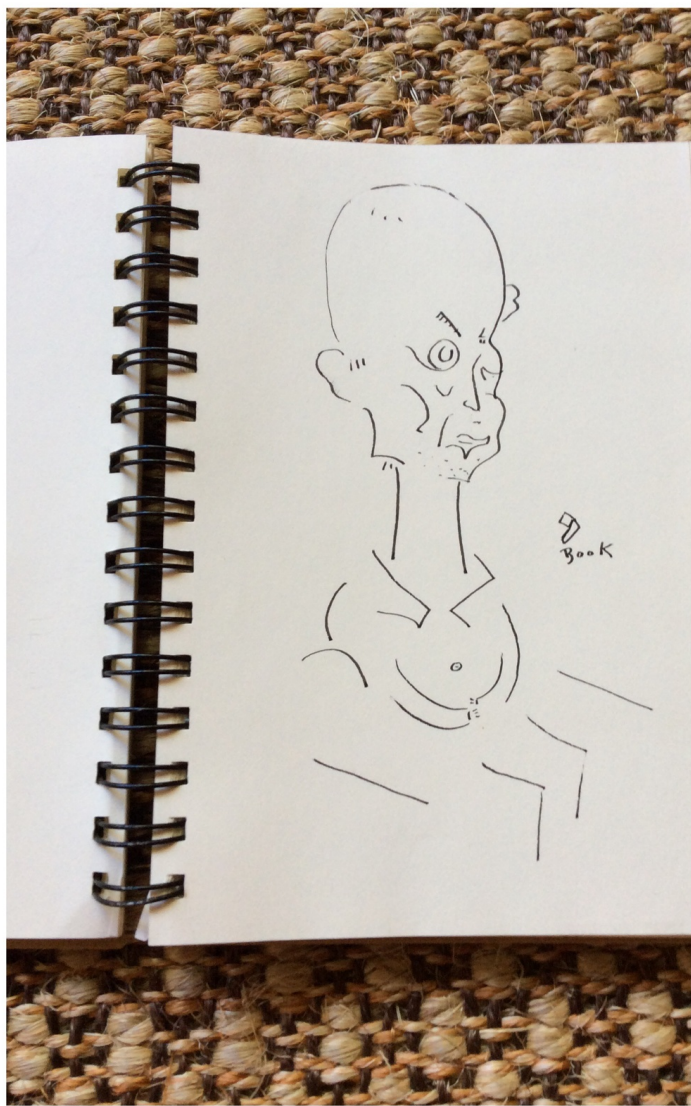
Surprise! Book I is in this series and if you go to multifacetedmisa.org and sign up for our newsletter (which you

can cancel any time) you will receive a free pdf of this work to share with fellow thrivers.

Life brings the unexpected.

Embrace it!

Life brings the unexpected. Embrace it! The universe supports your process. If you are reading this now, know that in the present folds of NOW I am sending you a safe, kind, loving, supportive ray of positive energy - the color of your choice!



Surprise! Book I is in this series and if you go to multifacetedmisa.org and sign up for our newsletter (which you

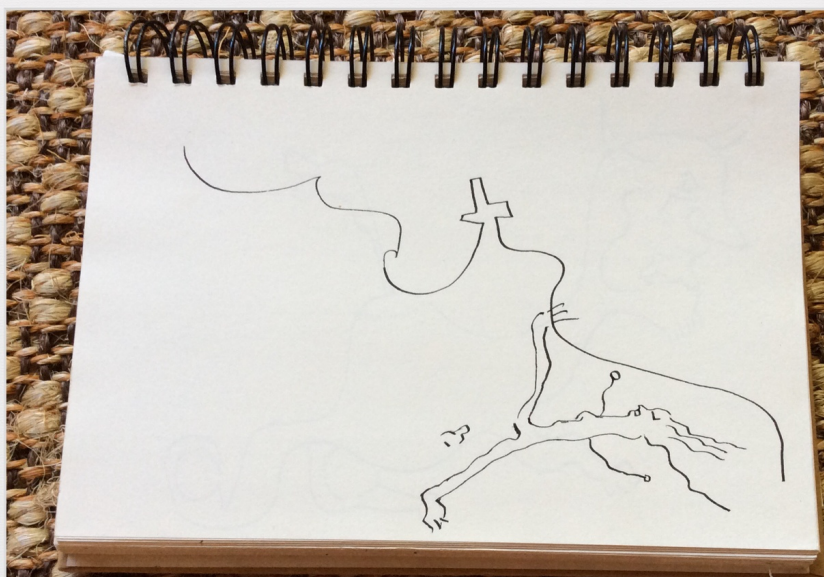
can cancel any time) you will receive a free pdf of this work to share with fellow thrivers.

Life brings the unexpected.

Embrace it!

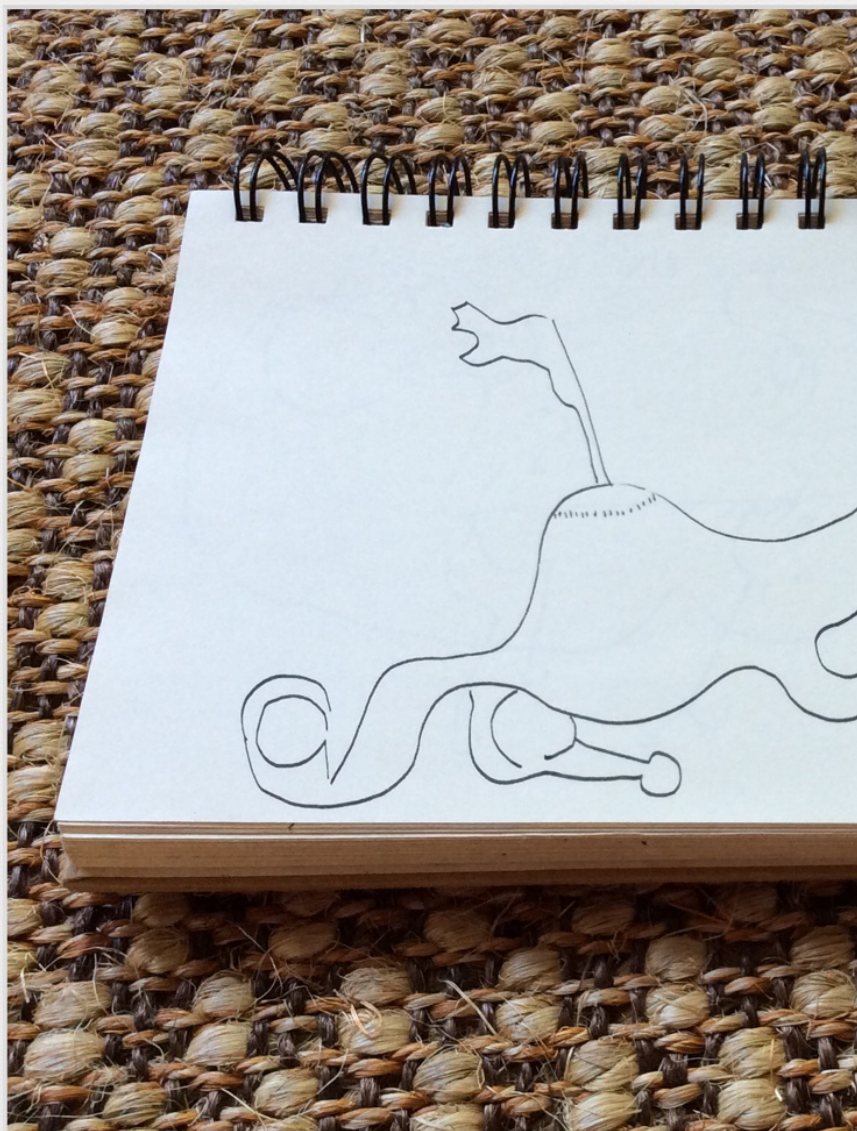
Life brings the unexpected. Embrace it! The universe supports your process. If you are reading this now, know that in the present folds of NOW I am sending you a safe, kind, loving, supportive ray of positive energy - the color of your choice!

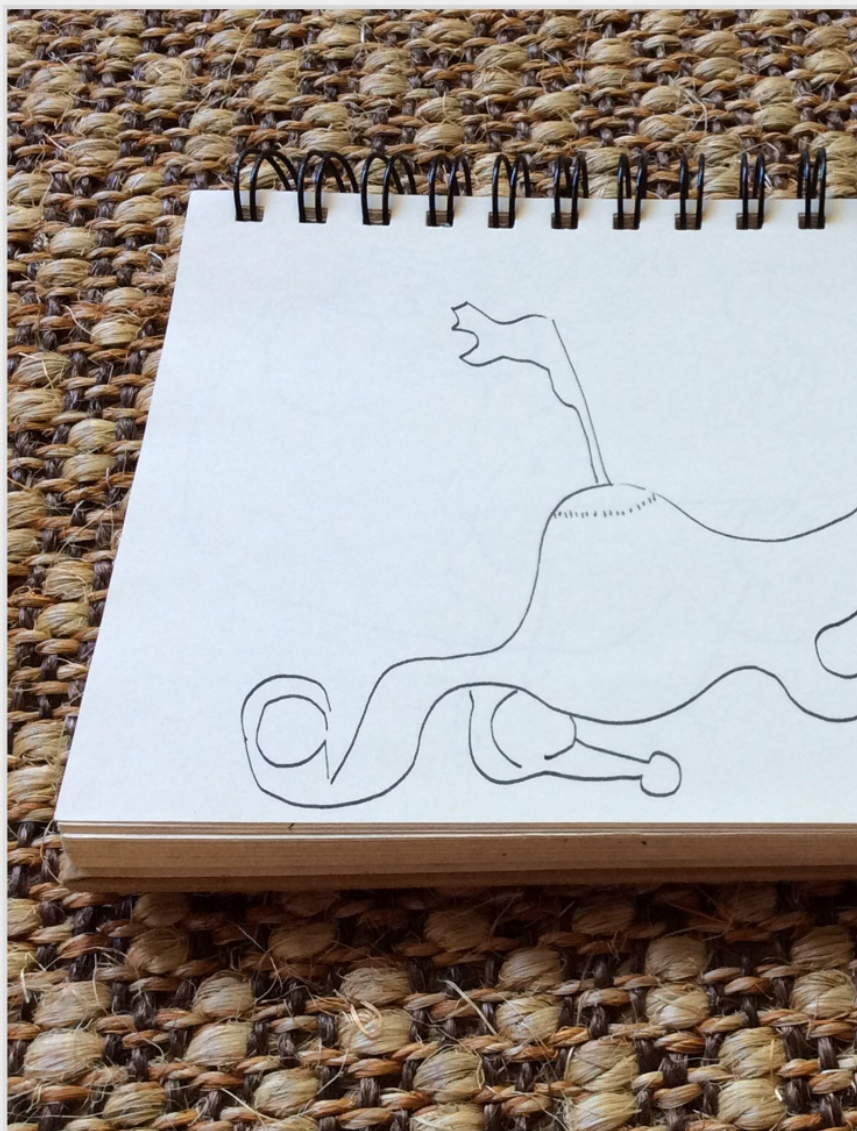








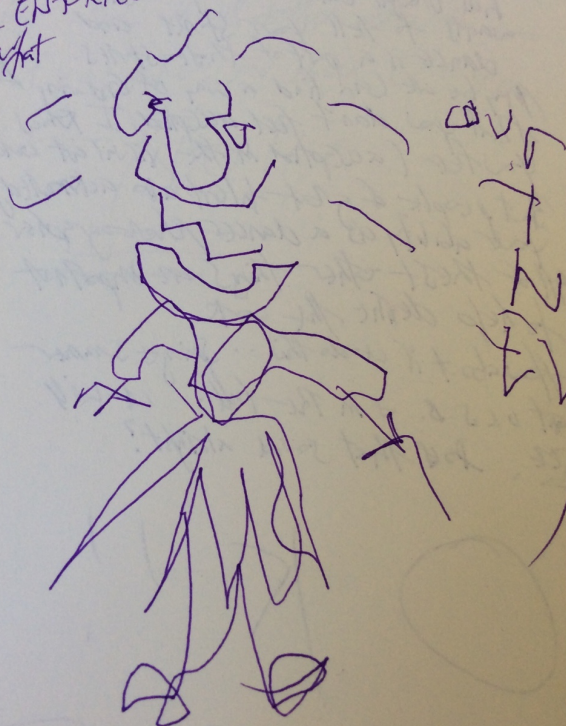




S Airley



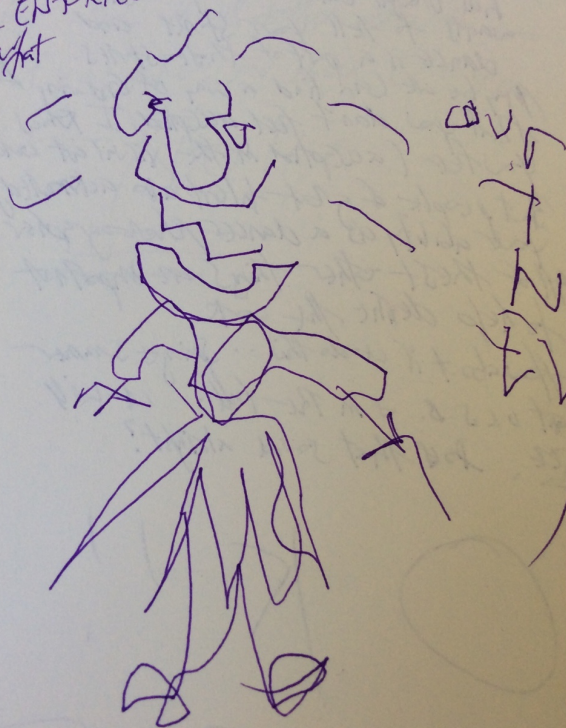
NO
NO ACCEPT ME. ME TIRED
VERY TIRED. ME SO TIRED SLEEP
3 CENTRIES
yat

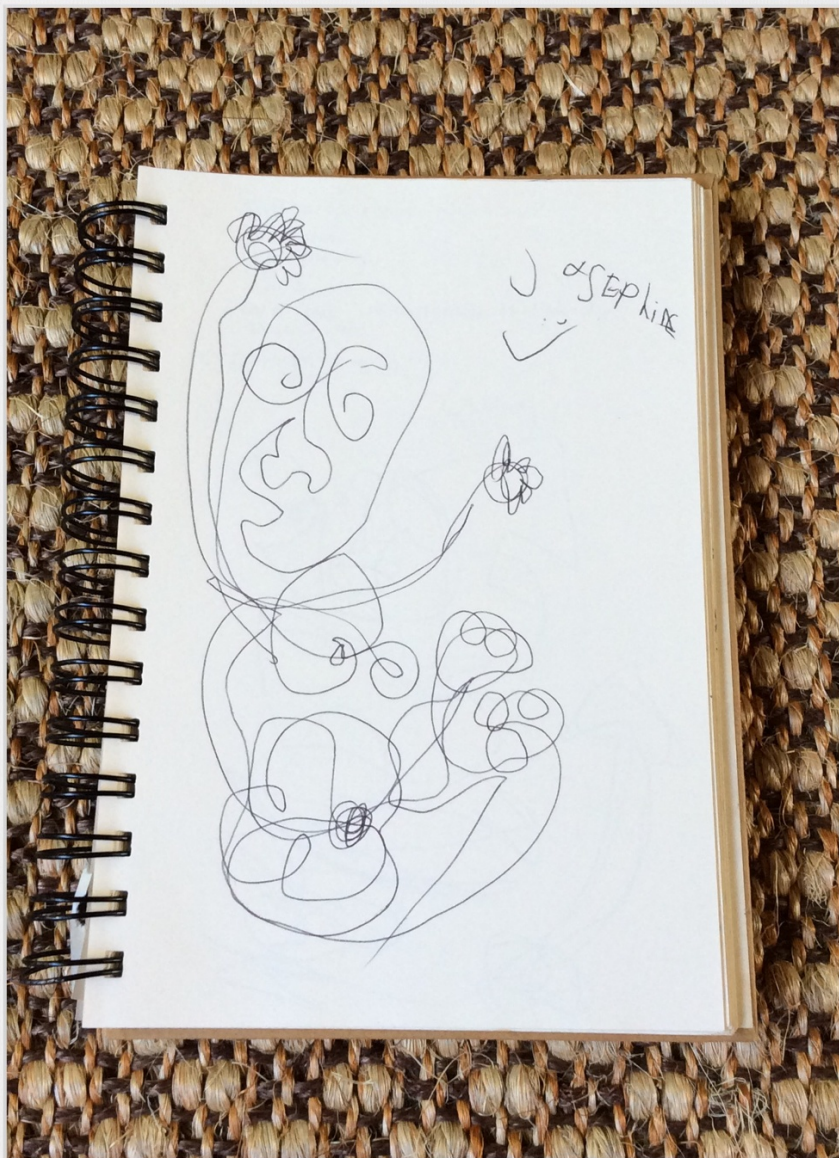


S Airley



NO
NO ACCEPT ME. ME TIRED
VERY TIRED. ME SO TIRED SLEEP
3 CENTRIES
yat





Got parts? We all got parts. I believe.

It isn't how many or how few that matters.

But making sure someone in the group takes responsibility for keeping everybody safe.

Somewhere, inside, some part knows how to take power, take control, and navigate your very own personal survivor to thriver flow.



Got parts? We all got
parts. I believe.

It isn't how many or
how few that matters.

But making sure
someone in the group
takes responsibility for
keeping everybody
safe.

Somewhere, inside,
some part knows how
to take power, take
control, and navigate
your very own personal
survivor to thriver flow.

TRIGGER
WARNING
2 pages ahead

Trigg

Warning

BE

SAFE

In my journey, I itched to know if the flashbacks were "real" or not.

I began my thriver flow with no therapist present.

I heard buzz about false memory syndrome and took very special care about what helpers and healers I let into my life to help me.

Ultimately - it doesn't really matter.

All that matters is being safe, staying safe, and getting support.

Your path will be completely unique to you, and ultimately, only you know how to save yourself.

If I figured it out, so can you!

I believe in you, I believe in your parts, I

believe your stories.

TRIGGER
WARNING
2 pages ahead

Trigg

Warning

BE

SAFE

In my journey, I itched to know if the flashbacks were "real" or not.

I began my thriver flow with no therapist present.

I heard buzz about false memory syndrome and took very special care about what helpers and healers I let into my life to help me.

Ultimately - it doesn't really matter.

All that matters is being safe, staying safe, and getting support.

Your path will be completely unique to you, and ultimately, only you know how to save yourself.

If I figured it out, so can you!

I believe in you, I believe in your parts, I

believe your stories.

my
first
step
was...

Cutting off all contact with my family, to take

time for me, and seek an answer to a few big questions.

Why?

Why are my siblings struggling?

Why am I binge eating, drinking too much, eating too much sugar?

Why?

Something spoke to my heart.

Cut out contact with your family.

Your first step may be different.

Each person's journey is their own.

my
first
step
was...

Cutting off all contact with my family, to take

time for me, and seek an answer to a few basic questions.

Why?

Why are my siblings struggling?

Why am I binge eating, drinking too much water, eating too much sugar?

Why?

Something spoke to my heart.

Cut out contact with your family.

Your first step may be different.

Each thrivers journey is their own.

Following are some of the scribbles and stories
of my parts from within this journal.

Journalling is a powerful tool in the process

It gets the stories out of your body onto paper

Helpful we have found.

Big time help!

None of it can be proved - so what?

None of it can be corroborated - so what?

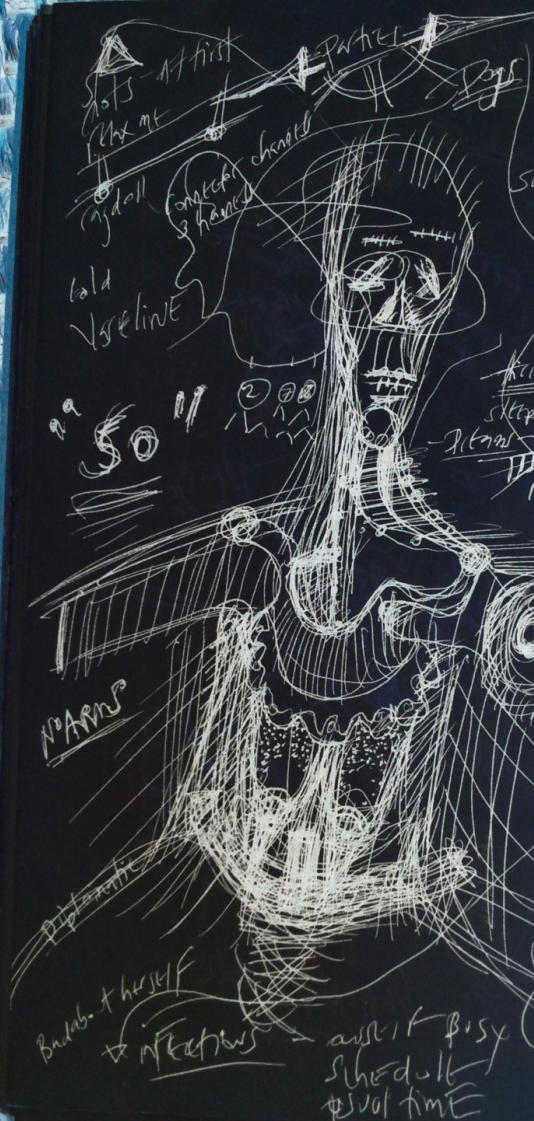
There is no evidence - it doesn't matter

All that matters is YOU!

Your safety, your survival, your pre-destined
thrival.

Good luck!

I believe in your ability to take control and embrace
the healing flow!



April 15

Crystal

Switchboard operator

Eggs

3 first

King

Steps

Lying

Needles

NEEDLES

prevent

happens

Diana

SEX

Rebecca

Sut

She feels

like

feel

Glad

dirt

no

cath

Following are some of the scribbles and stories
of my parts from within this journal.

Journalling is a powerful tool in the process

It gets the stories out of your body onto paper

Helpful we have found.

Big time help!

None of it can be proved - so what?

None of it can be corroborated - so what?

There is no evidence - it doesn't matter

All that matters is YOU!

Your safety, your survival, your pre-destined
thrival.

Good luck!

I believe in your ability to take control and embrace
the healing flow!

lots of first
light me
y doll
concept
shave
chords
Parker
Dogs

April 15

old
Vaseline

Crystal
Switchboard
operator
eggs
3 first

50 11 200
11 11 11

King
Steps
lying
needle
needle
needle

WARP

NEEDLES
present
happy
DIXIE
SEX

Rebecca

"Sut"
she feels
like
feel

Baby + herself
to reflect

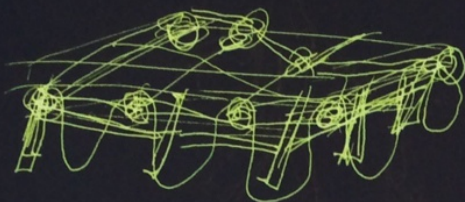
adult busy
shedule
usual time

glad
dirt
no
cut



MAX -

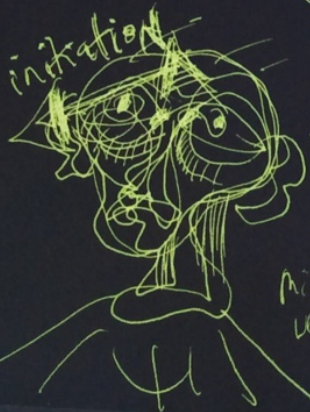
1/2 hold



SAW m



Caroline



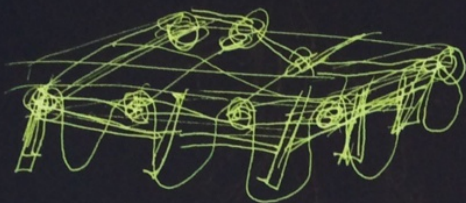
MAX

Digues
Skipped!

MISA
LEHR UACHSALZ

MAX -

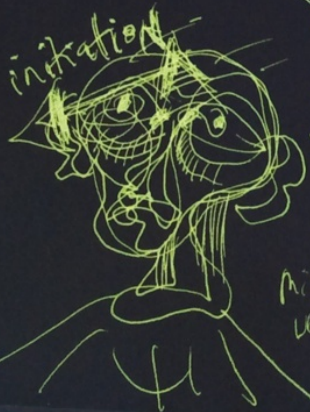
1/2 Rod



SAW m



Caroline



initiation

MAX

Digues
Skipped!

MISA
LEHR UACHSALZ



Sub push
Mem deep

at

Subdominant

push
pieces

Function

20



Sub push
Mem deep

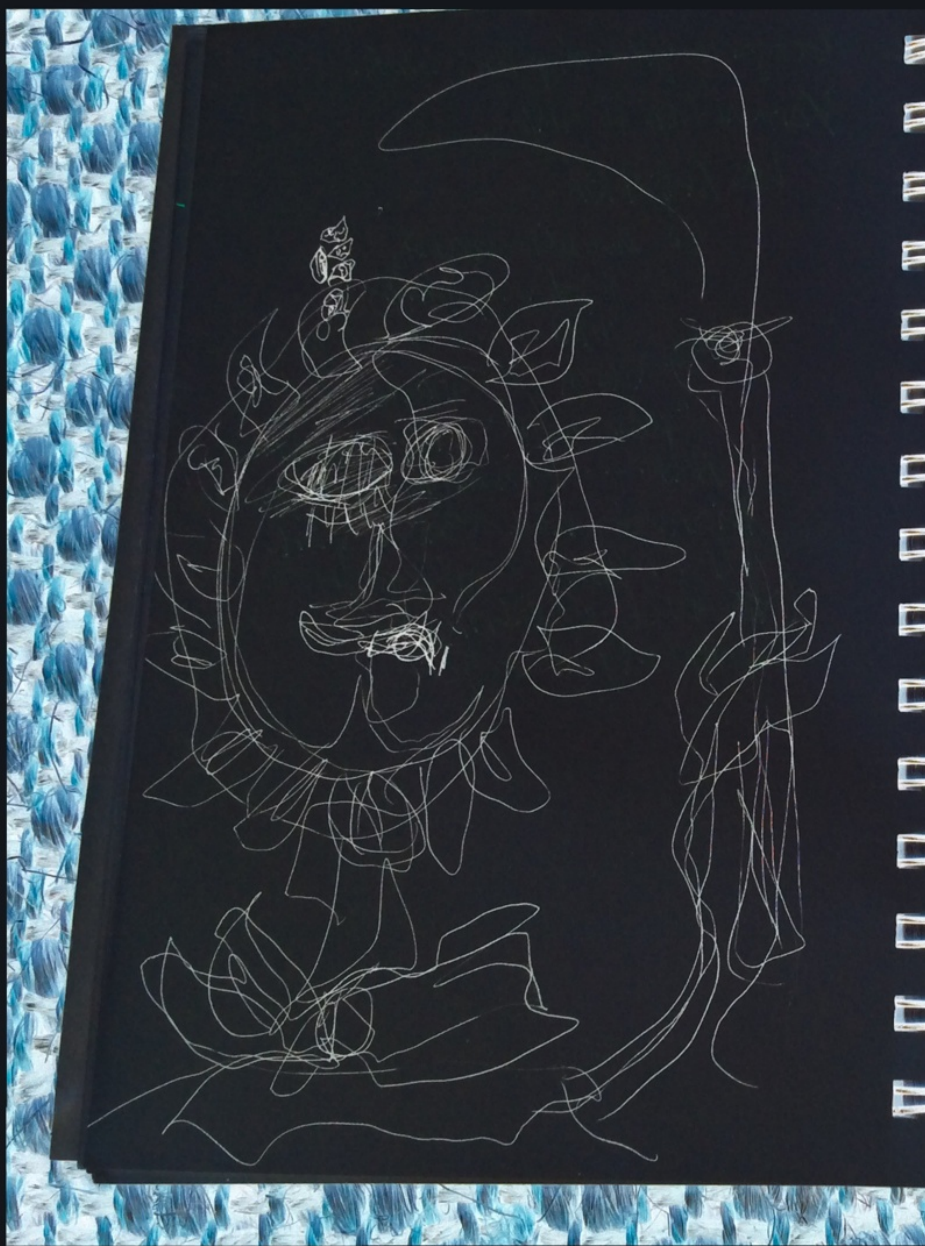
at

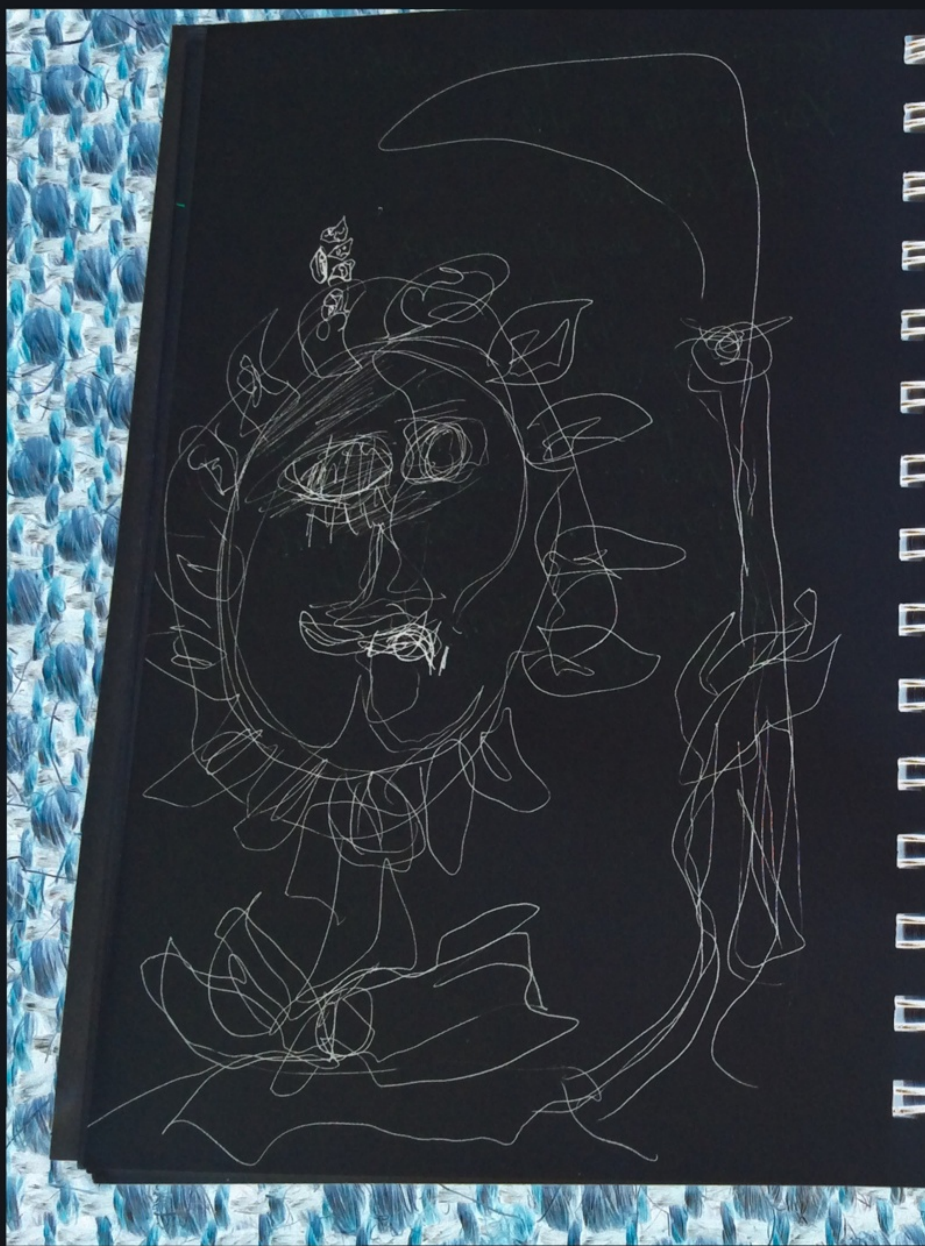
Subdominant

push
pieces

Function

20





It is with these things
I must be careful.

Let them see
I am a student - I am not

Too you, I must be

At the end of the day, I must be
at the end of the day, I must be

at the end

at the end of the day, I must be
at the end of the day, I must be

at the end of the day, I must be

at the end of the day, I must be

at the end of the day, I must be

at the end of the day, I must be

at the end

Pentlope

↳ Rhoie

iang Noll-

It is with these things
I must be careful.

Let them see
I am a student - I am not

Too you, I must be

At the end of the day, I must be
at the end of the day, I must be

at the end

at the end of the day, I must be
at the end of the day, I must be

at the end of the day, I must be

at the end of the day, I must be

at the end of the day, I must be

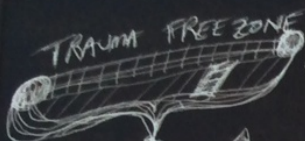
at the end of the day, I must be

at the end

Pentlope

↳ Rhoite

yang
Hal-



Shaman

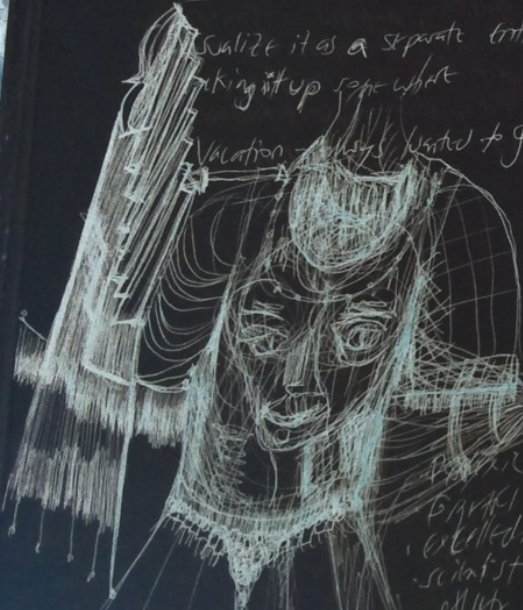
10 minutes to feel no grief...
Mind of what thinking about... living...

THAT BACK → Stream at it

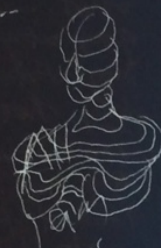
Realize it as a separate entity
taking it up for what

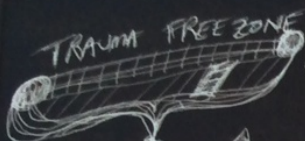
Valuation - why? wanted to go... to help is advice

it's o.k.
with it



- family
- children
- extended in the
- scientist
- athlete... but not
- prophet - mostly in the past
- complex
- simpler
- thing





Shaman

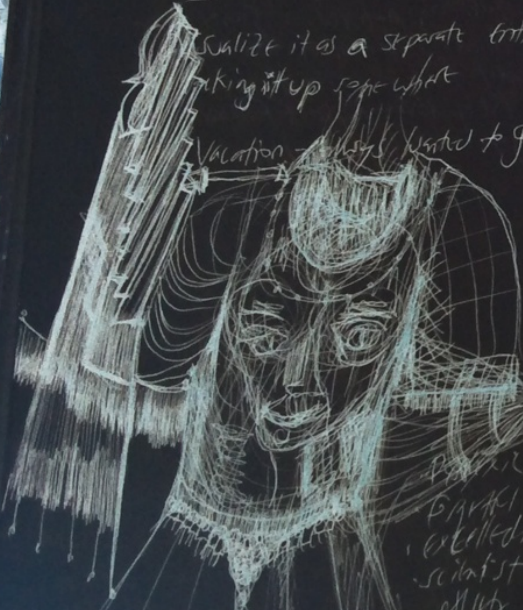
10 minutes to feel no grief...
Mind of what thinking about... listening...

THAT BACK → Stream at it

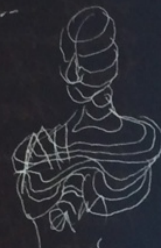
Realize it as a separate entity
taking it up for what

Valuation - why? wanted to go... to help is advice

it's o.k.
with it



- family
- children
- extended in the
- scientist
- athlete... but not
- pro... mostly computer
- complex
- simpler
- thing



The difficult part of my process was that little was known about treating trauma for survivors of extreme abuse when I initially entered the healing flow. Now, thanks to somatic therapy, it is much more manageable. The tools are so good.

Very important to tell that given one memory, the psyche may sub-divide into as many as 100 aspects or splinters to cope with one traumatic experience (if it was a really, really "bad one").

So, the process of mending the soul requires revisiting traumatic experiences not once, or twice, but for as many times as there were aspects present in real time for the experience. It was like being in hell, again, and again, and again so that each part could share their perspective. It got easier.

Then the fun starts!

Out of trauma time and in present time parts get to play and enjoy life!

and... the thriver benefits from the ability to appreciate and respect many perspectives and integrates the super talents of all facets of the thriver's soul and destiny.

Take your power back!

To give you hope - 20 years later, I feel safe enough to tell my story with this much detail. We still journal and this conversation yesterday clearly shows - happy amongst parts. What was once 36 parts and splinters has integrated and fused to 5 groupings of parts. At least that is the latest internal report.

Yippee!!

The difficult part of my process was that little was known about treating trauma for survivors of extreme abuse when I initially entered the healing flow. Now, thanks to somatic therapy, it is much more manageable. The tools are so good.

Very important to tell that given one memory, the psyche may sub-divide into as many as 10 aspects or splinters to cope with one traumatic experience (if it was a really, really "bad one").

So, the process of mending the soul requires revisiting traumatic experiences not once, or twice, but for as many times as there were aspects present in real time for the experience. It was like being in hell, again, and again, and again so that each part could share their perspective. It got easier.

Then the fun starts!

Out of trauma time and in present time parts get to play and enjoy life!

and... the thriver benefits from the ability to appreciate and respect many perspectives and integrates the super talents of all facets of the thriver's soul and destiny.

Take your power back!

To give you hope - 20 years later, I feel safe enough to tell my story with this much detail. We still journal and this conversation yesterday clearly shows - happy amongst parts. What was once 36 parts and splinters has integrated and fused to 5 groupings of parts. At least that is the latest internal report.

Yippee!!

July 26, 2015

okay this is mostly Dylan, well actually
I feel all Dylan.

I Relax

I accept

I let go

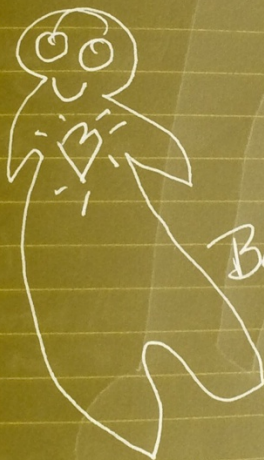
of the need to dissociate

I embrace all of who I am

and allow all parts, including Annette + Miss
to flow into me.

how is everybody today

Happy!



Baby

anyone else care to offer their
perspective?

GRRRATEFUL

OGRE



July 26, 2015

okay this is mostly Dylan, well actually
I feel all Dylan.

I Relax

I accept

I let go

of the need to dissociate

I embrace all of who I am

and allow all parts, including Annette + Miss
to flow into me.

how is everybody today

Happy!

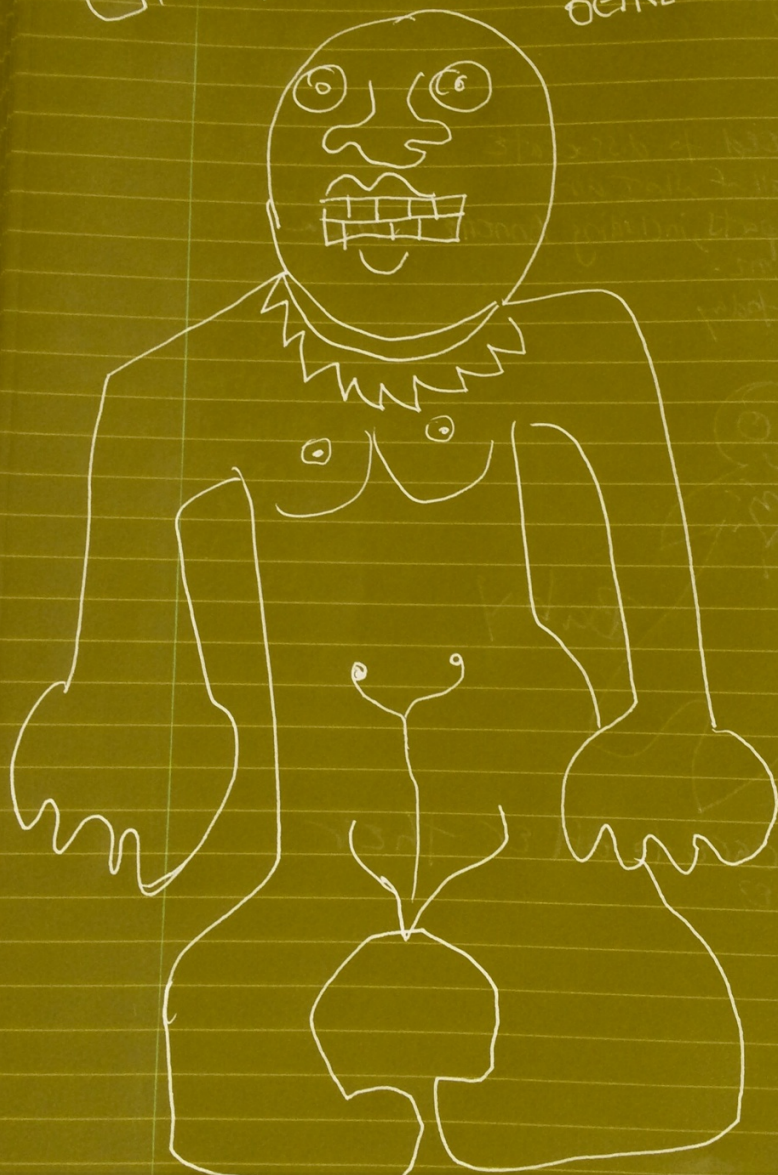


Baby

anyone else care to offer their
perspective?

GRRRATEFUL

OGRE





and here is your reward
for taking time to share my
journey.

A very safe kitty hug from
the best healer Cat in my
precious flow-grow-now.

Namaste & Glorious Day!

anyone else want to share their
PERSPECTIVE?

NOPE - all good

ME WANT BLEND
CRAYONS!!!

who?

NO NAMES PLEASE

DYLAN WANT

okay when?

after you finish 3 journals is

okay.

no avoid Mr. Stephen is
be nice to him!

today - use body - gym or here -
need space!



and here is your reward
for taking time to share my
journey.

A very safe kitty hug from
the best healer Cat in my
precious flow-grow-now.

Namaste & Glorious Day!

anyone else want to share their
PERSPECTIVE?

NOPE - all good

ME WANT BLEND
CRAYONS!!!

who?

NO NAMES PLEASE

DYLAN WANT

okay when?

after you finish 3 journals is

okay.

no avoid Mr. Stephen is
be nice to him!

today - use body - gym or here -
need space!

©

Dylan

Part

2015

Please visit
www.multifacetedmisa.org to
support our thriver journey.
May the force of flow be kindly
with you.

P.S.
Kindly,
Respect.

that this is copyrighted material. a short
and sweet boundary. I suffered too much,
and lost too much to give the knowledge
and images away for free. I give you the
same. Respect.

©

Dylan

Part

2015

Please visit
www.multifacetedmisa.org to
support our thriver journey.
May the force of flow be kindly
with you.

P.S.
Kindly,
Respect.

that this is copyrighted material. a short
and sweet boundary. I suffered too much,
and lost too much to give the knowledge
and images away for free. I give you the
same. Respect.